

Adult Adaptive Programs

ADAPTIVE RECREATION SWIM

See page 29 in Teen Section for details



DANCE INTO AUTUMN

See page 29 in Teen Section for details

Adult Aquatics

ADULT GROUP/PRIVATE SWIM LESSONS WITH TIM

The goal of these lessons are to improve stroke techniques primarily for freestyle, but backstroke, breaststroke and an introduction to butterfly may also be included. These lessons are for those already having some basic swim skills and are comfortable in deep water. This is not a course for non-swimmers or beginners. For those planning to participate in triathlons or competitive swimming, Tim can offer specific coaching techniques to improve those skills. If you have additional questions, please contact timswimsmh@hotmail.com

Instructor: Tim Thornton

Location: Morgan Hill Aquatics Center

Group Lessons

Date	Day	Time	Age	Sessions
Ongoing	SA	9am-10am	18+	4

Resident: \$160 /CRC Member: \$150

Non Resident: \$170 / CRC Member: \$160

Private Lessons

Private one hour lessons are available by appointment

Resident: \$70 / CRC Member: \$65

Non Resident: \$75 / CRC Member: \$70

RED CROSS LIFEGUARDING CLASS

See page 29 in Teen Section for details.

PRIVATE SWIM LESSONS

See page 13 in Aquatics Section for details.



AQUATICS TRIATHLON TRAINING PROGRAM

This program is designed for swimmers looking to improve their competitive swimming skills for participation in swim meets, open water races, or triathlons. Those participating will receive coached instruction during scheduled swim times at the Morgan Hill Aquatics Center. This program is not a swim lesson program, but is for intermediate/advanced swimmers looking to strengthen their skills. Coached workouts are scheduled throughout the week at various times. Contact the Aquatics Center for the current schedule.

Instructor: Tim Thornton

Location: Morgan Hill Aquatics Center

Monthly Fee for CRC members: \$25

Daily Drop in fee: \$14 Resident /\$15 Non-resident

ADULT